

French Dip Sandwich³⁵

Number of Servings: 35 (183.88 g per serving)

Amount	Measure	Ingredient
4 3/4	lb	Beef, bottom round roast, lean, rstd, select, 1/8" trim
70.00	pce	Bread, whole grain, slice
2 1/2	qt	Water, tap, municipal
3.00	oz	Base, beef, w/o msg, low sod, FS
1 3/4	tsp	Salt, table

Nutrients per serving

Nutrition Facts			
Serving Size (184g)			
Servings Per Container			
Amount Per Serving			
Calories 240		Calories from Fat 45	
		% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 40mg		13%	
Sodium 470mg		20%	
Total Carbohydrate 25g		8%	
Dietary Fiber 3g		12%	
Sugars 5g			
Protein 23g			
Vitamin A 0%		Vitamin C 0%	
Calcium 6%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F. If done day before and reheated, heat roast quickly (within 2 hours) to 165 degrees F. Reheat product only once; discard if not used.

ROAST MAY NEED TO BE COOKED DAY BEFORE if large.

Cook roast beef in enough liquid to yield the amount of broth called for in the recipe. Cook the beef without salt. You may use any salt free seasonings desired (ie, onion or onion powder, not onion salt).

Cut Roast into 2 oz slices and reheat in broth to 165 degrees in 350 degree oven.

To serve, place hot roast beef between 2 slices whole grain bread. Serve with 1/4 c. Broth from the roast &/or made with the low sodium beef base, salt and water (served in small bowl/container for dipping).

1 serving = 2 slices whole grain bread
2 oz hot roast beef
2 oz hot broth/AuJu
= 2 grain products, 3 oz meat

1 serving = 25 grams CHO = 2 Carb Serv

Notes

You will need to start out with ~1/4 more roast AP than cooked/roasted weight listed in recipe.